

ABSTRACT OF THE DISCLOSURE

A method for formatting a phase-change optical disk, using an apparatus for formatting phase-change optical disk, which apparatus includes (a) a drive control substrate on which a CPU for controlling an optical disk drive, a ROM for storing data, and an interface are mounted, and (b) an optical disk drive, is provided, and the method is carried out conducting power calibration a plurality of times to obtain a plurality of recording powers corresponding to the number of the power calibrations conducted, calculating an average recording power from the plurality of recording powers, multiplying the average recording power by a predetermined coefficient to obtain a recording power for formatting, and formatting a phase-change optical disk in accordance with the recording power for formatting. The phase-change optical disk formatted by this method is also provided.